## ABSTRACT OF THE DISCLOSURE

A construction block which has improved thermal insulation qualities, has improved sound transmission migration reduction properties, and which reduces or outright eliminates the effects of a seam failure. The construction block is comprised of a pair of generally parallel faces joined by a plurality of sides. At least one baffle is disposed within the interior chamber and is located along the weld seam that joins the two body member halves of the construction block. A desiccant or insulation gas, or 10 both can be disposed within the interior chamber of the block.